



Holiday Dinner Tasks For Preschoolers



Most preschoolers can...

- Fold and carry napkins and other unbreakable items for the table setting
- Wash fruits and vegetables
- Scoop and stir ingredients
- Help choose gifts for special people in their lives
- Fetch wrapping paper and tape
- Help clear and wipe the table before and after the holiday meal
- Choose a favorite song or game to share during the meal
- Make special artwork or crafts for decoration

Get more holiday dinner ideas at thefamilydinnerproject.org/holidays



Holiday Dinner Tasks For Grade School Kids



Most school-aged kids can...

- Set and clear the table independently, and begin contributing creative ideas for holiday settings
- Wash and dry dishes or load and unload the dishwasher
- Follow safety rules and start learning increasingly complex cooking tasks, with adult help
- Make lists of teachers, coaches, or other special adults for holiday gifting, and offer suggestions
- Learn to make a special family holiday dish
- Vacuum, sweep, and dust for guests with emerging competence
- Make a playlist for the holiday dinner or teach everyone a game
- Make placecards and wrap gifts



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Holiday Dinner Tasks For Teens



Most teens can...

- Help plan holiday meals, suggest favorite recipes, and make shopping lists
- Learn to bake holiday cookies
- Prep and cook side dishes with increasing independence
- Wash dishes and clean the kitchen
- Do laundry and make beds for guests
- Set a creative holiday table and decorate the home with their own flair
- Run errands and buy or make gifts
- Wrap presents and mail cards
- Help entertain guests and make them comfortable

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Holiday Dinner Tasks For Adults



Household adults are partners in “making the magic happen.” You can...

- Communicate about your vision for the holidays and what’s most important to you in celebrating
- Make compromises about when, where, and how festivities will happen, and who will be invited
- Take ownership of specific tasks, from planning through execution -- gift-giving for extended family, cleaning and setting up for guests, making grocery lists and doing the shopping, etc.
- Be clear about roles and responsibilities, and play to each person's strengths wherever possible
- Don’t wait to be asked! Jump in to help, or make a meaningful offer: “Would it be more helpful if I took the kids out to play, or washed the dishes?”

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